



**STOP
SEEING RED**

AND READ THE SIGNS

Seeing red tail-lights and orange construction signs everywhere? That's because Walter Reed Army Medical Center is merging with the National Naval Medical Center near NIH. This merger will result in an increase of commuter congestion in Montgomery County. Roadway construction efforts, currently underway through 2013, shall also impact area commuter routes.

Anticipated impact of this merger is a 6% increase in regional Montgomery County commuter traffic. Intersection improvements will temporarily increase congestion during periods of construction. Be prepared and learn about commuting alternatives available to you.



COMMUTE SMARTLY! LEARN MORE AT TRAFFIC.NIH.GOV

Go to our website to find construction project details, area maps and alternative commute suggestions. Get out of gridlock. Go to traffic.nih.gov.



WHEN YOU RIDE THE BUS (AND POCKET THE SAVINGS!)

Daily commute a blur? Leave the driving to someone else for a change and take the bus. You have many choices: Montgomery County Ride-On buses, Metrobus, NIH Shuttles to Mid-Pike Plaza, and new chartered buses from outlying areas. Public transportation lets you relax, enjoy the ride, and get to work on time.

It also pays to ride the bus if you participate in NIH’s Transhare Program, a public transportation incentive program providing subsidies to qualified NIH Federal employees who commute to work via public and alternative transportation methods. The ride keeps getting better.



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**FOLLOW
A ROAD LESS
TRAVELLED**

BY CONSIDERING YOUR COMMUTING OPTIONS

If you've sat at this intersection you know the situation. Construction at the Walter Reed National Military Medical Center, across the street from NIH, is well underway. Long after the dirt has settled and the construction signs have disappeared this intersection and route is still expected to see a heavy increase in traffic volume.

If you must drive – as many of us do – consider options such as commuting during off-peak hours or following a different driving route. You can also talk with your supervisor about developing an alternate work schedule or telework.



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AND BIKE TO WORK

Bicycling is a great commuting alternative for NIH-area residents. With the right gear, knowledge and know-how you can get to and from work without the hassle and gridlock of driving. Nervous about starting? There are NIH resources to help you get in the saddle and on your way. For added incentive, NIH has implemented a Bicycle Subsidy Program that offers a modest subsidy to NIH employees who bike to work.

Bicyclists reduce car congestion. So drivers, please be kind and share the road.



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Go to our website for information about the Bicycle Subsidy Program and other bike-to-work resources. Get out of gridlock. Go to traffic.nih.gov.



AND PUT GRIDLOCK IN THE REARVIEW MIRROR

Construction at the Walter Reed National Military Medical Center, across the street from NIH, is well underway. Long after the dirt has settled and the construction signs have disappeared we'll still have a 6% increase in area commuter congestion. Rockville Pike is expected to see a heavy increase in traffic volume.

Don't let traffic congestion put you on the straight and narrow path to despair. Make a plan and get ahead of the curve: consider driving an alternate route, commuting to work during off-peak hours or joining a vanpool or chartered bus route. You can also talk with your supervisor about developing an alternate work schedule or telework.



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BY PARTICIPATING IN TRANSHARE

Commuting pays if you participate in NIH’s Transhare program, a public transportation incentive program providing subsidies to NIH employees who commute to work via public and alternative transportation methods such as Metrorail, MARC trains, vanpools and buses.

The NIH Transhare Program is open to qualified Federal employees of the NIH, some employees of other Federal agencies that are located at the NIH (e.g., FDA/CBER), and in accordance with special legislative authority (some non-FTE bearing positions such as summer students, visiting fellows, and volunteers). Participation is contingent upon adherence to Transhare rules, policies and procedures.



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**GET MORE
FOR LESS**

WHEN YOU RIDE OFF-PEAK

Get more space on the platform and spend less per trip when you ride the Metro during off-peak hours. Metro regular fares are in effect on weekdays from opening to 9:30 a.m. and 3-7 p.m. and a peak-of-the-peak fee of 20¢ is added to regular fares weekdays 7:30-9 a.m. and 4:30-6 p.m. Reduced fares, in effect at all other times, offer significant savings. Adjust your work hours and start saving.

Also, consider participation in NIH's Transhare program, a public transportation incentive program providing subsidies to NIH employees who commute to work via public and alternative transportation methods such as Metrorail, MARC trains, vanpools and buses.



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